



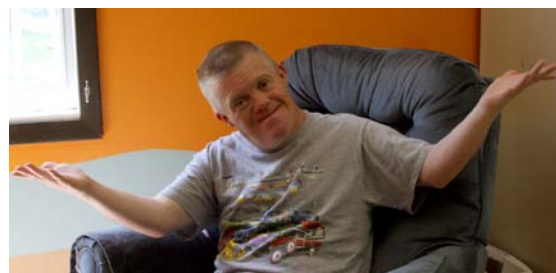
Program Summary:

Easter Seals Iowa Life Club is an adult day program located at Camp Sunnyside in Des Moines, Iowa. This program supports adults who are living with a physical or intellectual disability. Life Club is a 100% client focused program. Easter Seals' team members work with clients to support them in achieving their individual goals to increase personal independence. Through programming and support, Life Club provides opportunities for skill building and a variety of ways to experience the Des Moines community. Life Club provides a service option for individuals who want to socialize, make friends, participate in new activities, and partake in different community experiences.

The service runs Monday through Friday and is staffed at a ratio of 1:7 staff to client respectively. Life Club is unique because of the various wellness activities (horseback riding, swimming, rock climbing) that are available at Easter Seals Camp Sunnyside, weekly community activities, volunteer opportunities, and recreational activities (boating, fishing, archery, community tours), and many others. The clients also have the benefit of a music therapist and a nutritionist that each visit on a monthly basis.

The majority of the clients who access Life Club services live in Polk or Dallas counties. The funding for Life Club comes from Waiver reimbursement, county funding (that is secured by a client's Case Manager) or private pay.

This program also meets the unique needs of people with disabilities who are also of an advanced age. We know that keeping all adults, but especially those adults living with a disability, actively engaged in their communities will help decrease depression, hospitalization and nursing home stays.



Life Club provides year-round services for approximately 65 clients. Each client works on specific goals while spending their days at Life Club. For many clients, the people who they see on a daily basis become like a second family. For those clients who are supported at home by a loved one, Life Club provides that family member or members the opportunity to continue to work and have a respite from the 24-hour care that is often required.

The program serves all ages and currently operates in five rooms. Ages range from 20s to 70s and represents clients with intellectual and physical disabilities. Clients arrive around 7:30 a.m. and depart after 3:00 p.m. They enjoy morning coffee, leisure and recreational activities, skill building, music therapy, community outings and wellness programs daily. A monthly calendar of activities is created and clients have the independence to choose their activity and what the day's schedule will hold for them.

History



The program began in 2003 with 10 clients. It was created as a support for the transition from the outdated enclave/workshop programs that had been in existence. Life Club, for many, is a stepping stone for pre-vocational programs because of the skill building and community development that it provides. There are many in the program who are unable to work or have reached retirement age and Life Club provides a safe, interactive and constructive place to spend their days.

The program provides the opportunity and expects clients who are able to progress to the next level of independence to do so. In the last year, four Life Club clients have transitioned to pre-vocational programming at Easter Seals called CSI (Clients Socially Integrated). One former client of Life Club has graduated from the Easter Seals EmployAbility program and is currently looking for employment. Each client who is of the working age is focused on independence and employment skills.



Overview of Needs:

Easter Seals Iowa was founded with the notion that we should all “believe in the possibilities” and that mantra has carried the organization through nearly nine decades of supporting Iowans.

Easter Seals Iowa is driven by the mission “to provide exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities,” and all of our programs and services have evolved out of this mission.

Easter Seals Iowa is part of a nationwide network of separately incorporated affiliates that collectively represent the world’s oldest and largest non-profit organization providing direct services to people with disabilities. The Easter Seals network includes more than 77 state and local affiliates in all 50 states and in international locations. Easter Seals Iowa was founded in 1926 as the Iowa Society for Crippled Children, and earned a reputation as a leader in providing unique and responsive services to Iowans with disabilities of all ages.

Annually, Easter Seals Iowa serves more than 3,000 children and adults with disabilities from all of Iowa’s 99 counties. Easter Seals Iowa does more than provide direct support to the individual with a disability, we



support the family members, the employers, schools and friends so everyone has equal opportunities to live, learn, work and play in our communities.

For 28 years, the National Health Council has ranked Easter Seals number one in the percentage of program dollars used to directly serve individuals. Over ninety cents of every dollar spent directly benefits individuals served by our programs. Easter Seals Iowa operating budget for the 2012-2013 fiscal year is \$9.3 million; a small amount of each year’s operating budget (approximately 1%) is paid to the national office to assist with advocacy, education and training needs of the Iowa team members.

Easter Seals Iowa strives to continually meet the needs of the community. Staying true to our mission, when there was an expressed need for hope and programming, Life Club began. However, in order to house the



program, we had to use an existing building at Camp Sunnyside. That building, named Hubbard Lodge, was built in 1978 and was used as a Wilderness Adventure Camp for adults who were able to camp independently. It was named for a long-time volunteer and donor. During the off season, the building was rented for meetings and events. Unfortunately, the building was never meant to be used every day throughout the year and it is currently at capacity.

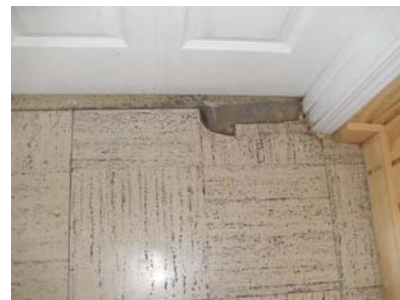
Only minor renovations have been done in its nearly 35-year history. The building's age, original intent of the building design, plus the now high level of daily traffic provide challenges for participants and team members. The program is operating at 100% capacity and has a waiting list of at least nine people at any given time. The first person that is still waiting to be admitted into the program has been on the waiting list since 2008. This number does not include the multiyear waiting list for clients with high needs or for someone who utilizes a wheelchair. We have clients who want to be a part of Life Club programming but space limitations are a barrier. With the proposed two-wing expansion, we could serve as many as 20 more people per day.

In addition, even though the current structure works, the building and land offer many opportunities to enhance client satisfaction and opportunities. Due to the wide range of ages and disabilities supported, there is a need for renovation, expansion and enhancements to the program.

Summary of Capital Needs

Flooring/Lighting

The flooring is original and has lips and cracks which can result in mobility challenges and there are constant concerns about the safety of the slippery floor. The entrance is in need of an electric powered door to ease clients and guests arrival and departure time. The original lighting is neither energy efficient nor effective for clients with sensory disabilities. The flickering of a fluorescent light and humming sound generated can cause interfering behaviors and daily challenges.



Kitchen



Daily skill building is a critical component for everyone's independence. The basic skills of cleaning and cooking are an essential goal that we strive to have every client achieve. The current kitchen is outdated and not accessible. We have a need to replace the commercial size appliances with standard sizes to provide real life skill building opportunities. In addition, there is a need to create additional storage and safe flooring in the kitchen area.

Restrooms/Personal Care Areas

Due to the high capacity of individuals supported daily, the restrooms are in need of renovation. Electric sinks, hand dryers and toilet flushers are needed. The doorways and stalls need renovation and expansion to accommodate and/or exceed ADA requirements. The current personal care area is in the utility room. Personal care items are exposed and the room is connected to the kitchen without a door. Increased assistive technology and medical equipment will aid in personal care support and decrease team members' safety risks.

Outside Areas

Enjoyment and exposure to nature is a balance we all need. An opportunity to enjoy the four seasons is a feature of Life Club programming. The current outside space is lacking adequate seating and stable flooring/ground. In addition, due to the lack of shade sunburns can occur so a need for shaded areas is needed.

Program Space

Because Life Club is currently operating at 100% capacity, there is need for additional program spaces. The additional program space would allow for more clients to be involved, smaller group sizes to be together and multipurpose space for large group programming.

According to the Alzheimer's Association, studies suggest that more than 75% of those with Down Syndrome aged 65 and older have Alzheimer's disease, nearly six times the percentage of people in this age group who do not have Down Syndrome. In the last year, four clients in their early 40s have shown signs and symptoms of early onset Alzheimer's. The additional program space will also provide a more quiet area for their specialized needs and sensory/tactile space environment.

Additionally, it is becoming a critical need to have more opportunities for internet access at Life Club. Today more than ever technology offers a whole new world of opportunities to those who live with a disability. Currently, there are only six computers available at Life Club. With the advancement in technology, computer literacy is a key life skill and a goal that we would like to support our clients in achieving.

We would also like to provide meeting space for clients/families and guardians to discuss future plans and goals in privacy with their case manager and/or team members. Currently, meetings must take place off site which



can be challenging to have clients leave and often groups must move from their “room” to provide privacy for these meetings. There is also a great need for secure storage space to hold client files that is accessible and lockable. Twenty percent of the current clients have regular medications; most have twice daily doses while at Life Club. Plus on average there are 10-15 clients that use PRN (Pro Re Nata or “as needed”) medications. Due to these needs, Life Club would benefit greatly from having lockable medicine space. Currently, all of these functions take place in the Team Leader’s office (a former closet).

Sensory

Because of the high and individualized needs of our clients, at times additional space is needed to unwind or calm oneself especially if an individual has a disability that increases sensory reactions. The current quiet area is a small room with space enough for one loveseat style couch. The need is to create a SNOEZELEN environment which is safe and non-threatening. Adults with disabilities or other limiting conditions enjoy gentle stimulation of the primary senses. Clients experience self-control, autonomous discovery, and exploration achievements that overcome inhibitions, enhance self-esteem, and reduce tension.

Free from the expectations of others and away from the pressures of directed care, clients recuperate and relax. Research has shown that multisensory environments offer a wealth of benefits, often affording the participant and caregiver an opportunity to improve communications, enhance understanding of each other, and build trust in their relationship. SNOEZELEN is a wonderful experience to enjoy and share, a place that replenishes the spirit.

Furniture

The current furniture is well used and mis-matched. It was gathered together through well-intentioned donations, but has run course. In addition, comfortable seating is desperately needed as a separate option to the straight back chairs that many utilize daily. Because Life Club is providing services approximately 260 days per year, there is significant wear and tear from daily use. Currently the reimbursement rates do not cover the replacement of capital needs and our annual fundraising efforts are used to fill the gap that exists in service funding. Therefore, the furnishings are in great need of replacement and annual upkeep.

Why It Is Important?

In the context of everyday life, individuals with disabilities don’t always have the same opportunities to regularly test their abilities. Inadequate resources, accessibility issues, or anticipated failure on the part of a caregiver, or the individual themselves, can significantly stifle progress. *Often it takes one person or one experience, just that one glimmer of hope that things are possible and dreams can come true.* No matter how



small or large a dream maybe – Easter Seals Iowa allows them to happen.

Because of space constraints Easter Seals is only able to provide services to five individuals with high needs. Over 15 individuals have been on a waiting list for six years or more and many don't even place their name on the list because of the time duration. With these requested funds, additional spaces will be available for individuals. Plus, these renovations will provide enhanced quality to Life Club which will lead to greater experiences for our clients.

Celebrations

We ask you to consider the continuation of your support to believe in the possibilities for individuals with disabilities or special needs that participate in services and programs at Easter Seals Iowa. Behind the 2,700 individuals supported annually, each has a story... below are a just a few...



2012 LIFE CLUB PARTICIPANT OF THE YEAR

Sarah is always smiling. When you ask her to do something first thing in the morning, she always has a smile on her face.

Over the past year Sarah has become more active and involved in activities at Life Club, from volunteering to exercising to hanging out with her friends. She has shown initiative in suggesting new activities and participating in them.

And through it all, Sarah smiles!!

2011 LIFE CLUB PARTICIPANT OF THE YEAR

Every day Dale comes to Life Club dressed to impress. He wears suit pants and jacket along with a tie. He will wear his suit for just a regular day at Life Club and at the Easter Seals annual meeting.

Dale cooks scrambled eggs for breakfast each morning and tells staff that he did it all by himself when he arrives to Life Club. When Dale has his favorite food for lunch, which is pizza, he will share the news with team members and his peers.





Each morning, Dale will make sure the radio in his room is turned on for his peers to listen to throughout the day.

Dale effortlessly participates in activities and community outings. In the past, Dale would decline to participate in them. Dale now looks forward to going on the outings and participates in all the scheduled activities. Dale will also assist and encourage peers to do activities with him.

If he doesn't find the activity interesting, he will independently find an activity he wants to do. Dale is willing to take on new challenges and is not afraid to ask for assistance when he needs it.

Dale has now been able to see his abilities and help others reach their potential. Dale aspires to become a police officer one day.

2010 LIFE CLUB PARTICIPANT OF THE YEAR



When Vincent first came to Life Club he was very shy, reserved and just wanted to sit in a recliner and look out the window. He didn't want to socialize or participate in any activities. Fast forward to Vincent now...he loves to joke and make people laugh. He is very social with his peers and the team members when talking about his favorite TV shows. He took on a new challenge recently, climbing the rock wall. He was very determined to make it to the top. Half way to the top, being the guy he is, he stopped to chat with his team member to see how he was doing. Vincent made it to the top with cheers from his friends and showed others they could do it too!

Parent and Guardian Perspective - What We Love about Life Club

- I am very happy that they offer swimming two days a week, so my daughter can swim.
- Planned daily activities and field trips
- Variety of activities and love crafts!
- It's a safe program and my son feels happy about it and he is learning social skills.

Just as our founders "believed in the possibilities," we will continue to believe that everyone has equal opportunities to live, learn, work and play in our communities. ***We hope you will too.***

This is an investment in people. A belief in providing those with disabilities a place where they can live, learn work and play and a gesture that will truly bring joy to adults with disabilities and peace of mind for their parents and caregivers!



We believe that all of the goals above can be achieved with the funding requested below:

| | |
|------------------------|-----------|
| Expansion Wing #1 | \$100,000 |
| Bathroom/Personal Care | \$25,000 |
| Expansion Wing #2 | \$100,000 |
| Electrical | \$20,095 |
| Flooring | \$22,345 |
| Cabinetry | \$27,500 |
| Kitchen | \$21,450 |



| | |
|------------------------|------------------|
| Outside Area | \$24,500 |
| Total Requested | \$340,890 |

We would also like to take this opportunity to make you aware of some additional, less critical needs. Some of them were mentioned above in the descriptions.

| | |
|-----------------------------------|------------------|
| Furniture | \$25,240 |
| Road Repair | \$110,000 |
| Sensory Room | \$50,000 |
| Total Additional Requested | \$185,240 |